

SERIES: YOU'RE NOT THE BOSS OF ME

Episode 4: "Anger"

Anger shows up when we're not getting what we want. But would it lose its grip if we looked beyond the things we want—or even deserve?

QUESTIONS

- 01 Describe your relationship with anger. Do you tend to shout out or shut down?
- 02 What and/or who triggers your strongest feelings of anger? Explain.
- 03 Think about a recent situation in which you found yourself becoming angry. What did you want that you didn't get?
- 04 Wisdom leads to humility. What would it look like to practice humility in a situation that typically angers you?
- 05 Why is it so difficult to practice humility when we're angry?
- 06 What can you do the next time you feel anger bubble up inside of you? What are some warning signs to watch out for?

NOTES

BOTTOM LINE

Silence anger with humility.